GOVERNMENT OF INDIA
RURAL DEVELOPMENT
LOK SABHA

UNSTARRED QUESTION NO:2999
ANSWERED ON:11.03.2003
FOOD CALORIES PER DAY
NAWAL KISHORE RAI;SUSHIL KUMAR INDORA

Will the Minister of RURAL DEVELOPMENT be pleased to state:

(a) whether according to a report of the United Nations for the year 2000 a healthy person is required to take 1800 calories of food during the day;

(b) if so, whether the rural families of the country are getting balanced diet as per the aforesaid standards;

(c) if so, the facts thereof;

(d) the steps taken by the Government in this regard; and

(e) the estimated expenditure being incurred in providing such balanced diet in the rural areas of the country?

Answer

MINISTER OF STATE IN THE MINISTRY OF RURAL DEVELOPMENT (SHRI ANNASAHEB M. K. PATIL)

(a) As per the information made available by the Ministry of Health and Family Welfare the Indian Council of Medical Research (ICMR) 1989 recommends following energy intake for adults in our country: -

Type of activity	Energy (RDA) intake for men	Energy (RDA) intake for women
Sedentary	2425	1875
Moderate	2875	2225
Heavy	3800	2925

(b) & (c) As per National Nutrition Monitoring Bureau under Indian Council of Medical Research, about 48% of households consume more than adequate amounts of both calories and proteins and 20% consume inadequate amounts of both calories and proteins.

(d) & (e) Government is implementing various Health and Nutrition Programme in the country to improve Nutritional status of population, which are as follows:

- Increased Agricultural Production;
- Improving the purchasing power of the people through income generating scheme;
- Availability of essential food items at subsidized cost through public distribution system;
- Nutrition Education to increase the awareness and bringing about the desired changes in the feeding practices including promotion of breast feeding;

Supplementary Feeding Programme:-

(i) Integrated Child Development Services Scheme (ICDS);

(ii) National Programme of Nutritional Support to Primary Education;

(iii) Wheat Based Supplementary Nutrition Programme;

(iv) Pradhan Mantri Gramodaya Yojana (PMGY)

Programme for Prevention of Specific Micro-Nutrient Deficiency Disorders such as:

(i) National Iodine Deficiency Disorders Control Programme;

(ii) Prophylaxis Programme to Prevent Blindness due to Vitamin A Deficiency as a part of Reproductive and Child Health Programme and

(iii) Pilot Project for control of Micronutrient Malnutrition is also under implementation.